

Comparative study of nutritional habits and physical activity of patients with breast cancer under and over 40 years old of Ardabil

Abstract

Introduction: Breast cancer has upward trend and strictly increasing in Iran. Therefore, it is critically important to identify the potential risk factors and their role in causing this type of cancer. The aim of our study was determine of nutritional risk factors playing role in development to breast cancer at different ages in Ardabil.

Materials and Methods: In this analytical cross-sectional study 113 patients with breast cancer hospitalized in Imam Khomeini Hospital of Ardabil from September 2013 to October 2014 were selected. Anthropometric factors, nutritional information physical activity of patients were collected using standardized questionnaires. Data were analyzed using the Chi-square test and T-test.

Results: The results showed that BMI and its variations, consumption of sausages and burgers in women with breast cancer under 40 years were significantly more than women with breast cancer over than 40 years ($P < 0.05$). However, the levels of physical activity and fruit consumption in women with breast cancer above 40 years were more than women below 40 years old ($P < 0.05$).

Conclusions: The results of this study support the hypothesis that the consumption of some foods may develop breast cancer at the age of women affected. Lower physical activity and high BMI and its variations at diagnosis time of women were risk factors of breast cancer in younger women before the age of 40 years old.

Keywords: Breast cancer, food habits, physical activity, women with under and over 40 years old